

Bridgewater Recreation 2006-2007 Wrestling Registration Form

If registering more than one child or for more than one program, separate checks and forms are required per program. Please print legibly.



- ☐ **Fall Off-Season Wrestling Club**
\$36.00 Bridgewater-Raritan Residents
checks payable to "Bridgewater Wrestling Club"
- ☐ **Recreation Wrestling Program**
\$70.00 Bridgewater Residents / \$75.00 Raritan Residents
checks payable to "Bridgewater Township"
- ☐ **Spring Off-Season Wrestling Club**
\$36.00 Bridgewater-Raritan Residents
checks payable to "Bridgewater Wrestling Club"

Last Name: _____ First Name: _____ Number of years of wrestling experience: _____
Mailing Address: _____ Town: _____ Zip: _____
Home Phone #: _____ Parent Cell #: _____
Parent's First & Last Name: _____ Parent Work #: _____
Parent's E-mail Address: _____ Participant's Current Height: _____ Participant's Current Weight: _____
Participant's Date of Birth: ____/____/____ Circle Grade as of September 2006: K 1 2 3 4 5 6 7 8

This is a contact sport. Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature Date

Bridgewater Recreation Department P.O.Box 6300/700 Garretson Road - Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

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Wrestling Open House Night

(October 23 & November 1, 2006)

Bridgewater Recreation Wrestling will be holding "Wrestling Open-House Sessions" on Monday, **October 23** and Wednesday, **November 1, 2006**. These sessions will be held from 7:00pm to 8:00pm at the Bridgewater Raritan Middle School gym. These open houses will inform parents and prospective wrestlers (**children in grades K-8**) about the Recreation Wrestling program. The coaches of Bridgewater Recreation Wrestling invite any interested parents and their children to attend. Each Open-House session will introduce the program's **philosophy**, its **coaches**, and some **current wrestlers**. There also will be a brief **wrestling clinic** to demonstrate what the sport of amateur wrestling is about and to show how fundamental skills are taught and drilled in practices. Information will be provided on the program's schedule and levels into which wrestlers will be grouped for practices and competition (from novice/scrimmage, to intermediate, to advanced teams). For more information on the Open-House sessions please call the recreation office. For more info visit us at www.pantherwrestling.org.

Recreation Wrestling Program

(November 2006 - March 2007)

This program emphasizes learning the sport of amateur wrestling, instilling solid values, and having fun! We attempt to make the program fun for everybody - we believe wrestlers (and their parents) should enjoy their participation in the program. In the practice room, we focus on fundamentals, because there is no substitute for solid knowledge of the basics of wrestling. Our program's philosophy values competitiveness, as well as **respect for self and others**, **discipline**, and **self-confidence**. The program provides a rich experience, in which **wrestlers form close friendships** with their teammates. Last year 98 kids from K to 8th grade enrolled and participated in the program. Depending on wrestlers' ages and experience they may participate in one of **five leagues** (Scrimmage League, Raritan Valley League, Central Jersey B-League, Central Jersey A-League, or the Grade School League). Last year, our wrestlers at all levels won over **175 awards** in tournaments. Our Raritan Valley and Central Jersey Teams won the majority of their meets. **Ten** of our wrestlers qualified to participate in the New Jersey Kids' State Tournament, with **four place winners**. We have a solid staff of highly experienced and caring coaches with more than **100 years of wrestling and coaching experience**. We are expanding and we expect the fun and accomplishments to continue in 2006-2007.

For: Bridgewater-Raritan residents in grades K - 8 (2006/2007 school year)
When: Program will start November 2, 2006 and continue through the middle of March 2007.
Cost: \$70.00 Bridgewater residents and \$75.00 Raritan residents checks made payable to "Bridgewater Township"

Registration Deadline: Thursday, November 2, 2006 by 5:00pm at Bridgewater Recreation
For more information on Bridgewater Recreation Wrestling, please visit us at www.pantherwrestling.org.

Bridgewater Recreation 2006-2007 Wrestling Programs

For kindergarten to 8th grade Boys!
(in the 2006/2007 school year)



The Panthers of Bridgewater Recreation Wrestling are Back in Action! We are once again:

- Holding a Panther's Wrestling Club during the off-season (September-October 2006)
- Providing two informative Open-House sessions in late October 2006
- We will wrestle in 5 leagues in 2006-2007 to provide plenty of competition and fun for all (kindergarten to 8th grade).
- Offering a Spring Off-Season program for the experienced wrestler.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building - 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" mailbox located around back of Municipal Building before or after office hours, or via postal service.

If interested in volunteering? All coaches and assistants must be Rutgers SAFETY Certified and are required to participate in a mandatory background check with KidSafe according to Township Ordinance (16 years of age & older).

Fall Off-Season Wrestling Club

(September - October 2006)

Is your child a new or experienced wrestler interested in off-season wrestling instruction and mat-time at a tremendous value?

- For:** Bridgewater-Raritan residents entering grades K - 8 in September 2006
- Dates:** Wednesdays, September 13, 20, 27, October 4, 11, 18, and 25, 2006
- Times:** 6:30pm to 7:30 pm for grades K - 2 and 6:30pm to 8:00pm for grades K-8
- Location:** Bridgewater-Raritan Middle School Back Gym
- Cost:** \$36.00 Bridgewater-Raritan residents checks made payable to "Bridgewater Wrestling Club"

Practices will be supervised and structured, and sessions will include conditioning, instruction of techniques, drilling, and some live wrestling. Wrestlers will be separated into a **Novice Group** and an **Intermediate-Advanced Group**. Head coach for the off-season Panther Wrestling Club is Rich Shifman, a certified recreation coach with 12 years experience coaching wrestling (8 years in Bridgewater). Any questions, please e-mail Rich Shifman at rshifman3@optonline.net.

Spring Off-Season Wrestling Club

(April - June 2007)

Is your child a new or experienced wrestler interested in off-season wrestling instruction and mat-time at a tremendous value?

- For:** **Prerequisite** - Bridgewater-Raritan residents grades K - 8 who participated in the Bridgewater Recreation Wrestling Program (November 2006 - March 2007)
- Dates:** Wednesdays, April 25, May 2, May 9, May 16, May 23, May 30, and June 6, 2007
- Times:** 6:30pm to 8:00pm
- Location:** Bridgewater-Raritan Middle School Back Gym
- Cost:** \$36.00 Bridgewater-Raritan residents checks made payable to "Bridgewater Wrestling Club"

Practices will be supervised and structured, and sessions will include conditioning, instruction of techniques, drilling, and some live wrestling. Head coach for the off-season Panther Wrestling Club is Rich Shifman, a certified recreation coach with 12 years experience coaching wrestling (8 years in Bridgewater). Any questions, please e-mail Rich Shifman at rshifman3@optonline.net.